

Ripple Farm Organics

LOCAL & ORGANIC

Crundale, Nr Canterbury, Kent CT4 7EB

01227 730898 (answer phone)

sarah@ripplefarmorganics.co.uk www.ripplefarmorganics.co.uk



July 2011 Newsletter

We finally got the rain we were so desperate for, and then some more and some more.... So, hooray, most of the crops we had already planted grew like mad (as did the weeds!); the potatoes and carrots, kales and cabbages particularly benefitted, not the courgettes though, as they don't like the cool nights and windy days we had once the drought ended.

Anyway, if you've been reading these newsletters for a few years you may have noticed the weather is not very often just right for us, typical farmers! (Martin's rain dance was just too good in the end, but that's another story!) It's just that the good thing about using tractor mounted transplanters is that it beats planting 1000s of plants by hand, but the downside is that you do need good ground conditions, not too wet, not too dry, so our poor squash plants had to wait a while longer. But then thankfully, we got a few dry days, so during the last few days of June and first couple of days of July we have transplanted lots of different squashes and pumpkins, green and rainbow chard (the early plantings of chard always go to seed, but this later planting can keep going to next Spring) and some late sweetcorn. There is still more squash to plant, as well as winter cabbages and kales.

New Season's Crops a few of our own tomatoes have just started turning red, and we will have some from Andy Ward before ours get going fully. The courgettes should be ready in August after a slow start. The broad beans have finished but the flat and runner beans should soon be ready and the new season's beetroot is very sweet.

Organic Eggs - Organic, free-range eggs can be ordered as extras. These are from Andrew Ward, a Soil Association registered organic grower, from Wingham, near Canterbury, who also supplies us with some of his vegetables for the box scheme. ½ dozen medium eggs cost £1.50.

Box Contents

Staples – Potatoes, onions and carrots continue weekly. New potatoes in the boxes will be 'Accent' white skinned, round potato, classic new potato taste, 'Charlotte' very tasty salad potato and 'Amorosa' red skinned new potato. We are happy to be harvesting our own bunching carrots now, the more usual orange ones plus a yellow variety called 'Yellowstone'. You will continue to receive 'green onions' in your boxes during July, the green tops can be cooked too but as the onions get bigger, the tops will turn brown.

Greens – Seasonal greens are green and rainbow chard, spring cabbage and summer/round cabbage, spinach and kale. We have curly kale, Cavolo Nero/black kale and red Russian kale which may be packed in mixed bags or in the stir-fry bags.

Salad – Mixed leaf salad bags will be in the boxes more frequently now and you may also receive whole lettuce including red and green cos, red and green oakleaf, little gems and butterhead.

Others – Also through July you may receive calabrese, beetroot, cucumbers, runner and flat beans, tomatoes, courgettes, garlic, basil

Wye Farmers Market July 2nd and 16th and August 6th and 20th, 9am-12midday.

Whitstable Farmers Market July 9th and 23rd and Aug 13th and 27th at 9.30-2pm

Bridge Farmers Market July 9 and 23 and Aug 13 and 27 (we will be there on Jul 9 and Aug 13), 9am to 12 midday

Extras with Boxes The following can be ordered as extras with your standard box	New Potatoes white/red	80p / kg
	Salad Bag	£1.20 / bag
	Kale	£1 / 250g bag
	Spinach	£1 / 250g bag
	Carrots	£1 / bunch
	Organic med. eggs (Andrew Ward)	£1.50 for ½ dozen

Beetroot The new season's beetroot is deliciously sweet just boiled and eaten as it is, but if you want to be more adventurous, try these beetroot and chickpea fritters. Mix together 250g grated cooked beetroot, 100g roughly chopped, cooked chickpeas, 5 tbsp fresh herbs (such as parsley, mint, coriander, dill or any combination), 2 spring onions or small onion finely cut with one egg and seasoning. Roll into golf ball sized balls, and flatten into patties. Shallow fry for about 3-4 mins each side and serve with natural yoghurt.

Thanks for your continued support, from all at Ripple Farm Organics